Unit 6 – Nutrition and Hydration
Resource Materials/Activities/Notes

Suggested Instructional Resource Materials

- Video on nutrition
- Facility dietary manual
- Facility sample menus
- Adaptive devices for feeding

Skill Performance Checklists

9. Assisting with Dining/Feeding Resident Who Cannot Feed Self
10. Serving Supplementary Nourishment
11. Providing Fresh Drinking Water

Activities

- Discuss the religious practices related to food by the various religious denominations represented in the class.
- Have class make a list of foods containing the best source of nutrients.
- Have class members make a list of foods consumed in the past 24 hours. Place a C in front of carbohydrates, a P in front of proteins and F in front of fats. Then calculate the percentage of each nutrient consumed. Compare this to the percentages found in a normal diet: 58% carbohydrates, 12% proteins, and 30% fatty acids.
- Select one factor and describe how it influences caloric needs.
- Have each member of the class select a condition that results from malnutrition and give a 2-3 minute oral report.
- Have class bring in nutritional information focusing on serving sizes from cereal boxes, canned foods and other items.
- Discuss why skim milk is a good selection.
- Review ways in which milk substitutes can be used for residents who are allergic to or refuse to drink milk.
- Have class bring in nutrition information from cereal boxes, compare information.
- Discuss why fish is a good selection.
- Review ways to reduce fats, oils and sweets in the resident's diet.
- Review facility dietary manual.
- Hand out examples of sample menus from the facility for discussion.
- Demonstrate the use of adaptive devices.
- Have students bring food and eat using adaptive devices.
- Have students role play information they would give a blind resident about their meal tray.
- Have class members divide into groups of two and practice feeding each other.
- Have the class give examples of residents who would benefit from supplementary nourishments.